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metroLIFE



Your essential daily news | MONDAY, APRIL 27, 2015

High 4°C/Low 1°C Damp



Rainmen crash through

The Rainmen's Cliff Clinkscales clashes with the Windsor Express' Gary Gibson during the NBL finals on Sunday. The Rainmen dominated 125-91. See **metroSPORTS**. JEFF HARPER/METRO

Fear lingers after quake

KATHMANDU, NEPAL

Halifax DJ says panic has given way to anxiety for survivors



Haley Ryan
Metro | Halifax

A day after a devastating earthquake ripped through Nepal, a Halifax man weathered the aftershocks in a makeshift refugee camp.

DJ Mitchell Pineo was in Nepal for a series of shows. Sitting at a restaurant patio outside the capital of Kathmandu, he felt the earthquake begin Saturday as a "very deep rumble."

"At first I thought a vehicle might be smashing into the

building, but I looked into the Nepali cook's eyes and I could see this unbelievable fear," Pineo wrote in a Facebook conversation with Metro on Sunday around 9:30 p.m. Nepal time. "People started screaming and running as the roar turned to the loudest sound I'd ever heard in my life."

Pineo said it wasn't until he saw power lines, trees and buildings "swaying wildly" that he was sure it was an earthquake.

After a few hours, Pineo returned to Kathmandu, which "felt like a war zone." Pineo said he passed the ruins of buildings he had been in just a day earlier and saw people dragging loved ones from the rubble. The death toll from the 7.8-magnitude earthquake has been estimated at 2,500, but it's expected that number will rise.

"It's been these short, intense bursts of fear and adrenaline with each quake. The drawn-out uncertainty has been the worst for us," Pineo said.

"The fear is wearing on people."

Pineo is hoping to leave the country within the week but has been told the airport is closed for at least three days.

As the rain poured down Sunday night, Pineo said he felt lucky to be in a safe place: a compound where the artist who helped bring him over to Nepal lives.

In that makeshift camp, British, Nepali, Swiss, French, Indian and Chinese people are "just banding together, making sure we all have food, water and shelter right now," he wrote.

+ MORE EARTHQUAKE COVERAGE, PAGE 8



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Halifax's new budget to be debated this week

CITY

Officials seek more firefighters, water bill hike



Stephanie Taylor
Metro | Halifax

City councillors will debate a proposed draft of the new 2015-16 municipal budget starting this week.

An operating budget of \$869 million and capital budget of \$135.8 million have been slated for the HRM in 2015-16, which will be tabled during Tuesday's Committee of the Whole meeting.

The new budget forecasts the municipality's debt to sit around \$256 million by the end of the next fiscal year.

In the proposed budget, staff recommend that council approve several new funded services, such as nearly \$310,500 to hire seven new firefighters, plus the cost of their uniforms, as well as an additional \$30,000 for their equipment.

The new costs come after council approved the hiring of seven new firefighters — five for Sheet Harbour station and two for Black Point — in the wake of debates over the Fire

+ LAKE BANOOK

Underwater weed whacking for Lake Banook proposed

Residents annoyed with the weeds in Lake Banook and Lake Micmac may finally have some relief in sight.

In the proposed 2015-16 budget set to be tabled during Tuesday's meeting, staff allotted \$210,000 under the Planning and Development business plan to go towards dealing with the weed problem.

In February, regional council passed a motion to seek approval from the province to assume responsibility for the weeds and implement a short-term solution of mechanically removing the pesky plants.

This was ultimately decided after an earlier staff report offered three different solutions for dealing with the weed problem, which ranged from the application of an aquatic herbicide to digging up the plants.

STEPHANIE TAYLOR/METRO



In the proposed budget, staff recommend that council approve several new funded services, such as nearly \$310,500 to hire seven new firefighters plus the cost of their uniforms, as well as an additional \$30,000 for their equipment. JEFF HARPER/METRO FILE

Services Operational Review.

To fund the new costs, city staff recommend a 0.01 cent increase in the residential and commercial tax rates.

An additional one cent will also be added to residential

and commercial tax rates to fund a new \$4.2 million strategic capital project reserve.

However, the urban commercial tax rate will drop by 4.4 cents as will both the transit rates.

Residents can expect to see an annual fee known as the HRM Right-of-Way charge, which appears on their water bill and pays for the removal of rain and melted snow running from city streets and into

Halifax's Water infrastructure, to jump from \$39 to \$41.

Staff say the increase is due to the number of properties removed from the storm water charge since the new fee was introduced.

IN BRIEF

Women's prison inmate dies in hospital

An inmate at Nova Scotia's correctional facility for women has died at a hospital in Truro.

A statement issued Sunday by Correctional Service Canada says Veronica Park, 38, died Friday while serving a sentence at the Nova Institution for Women.

Park had been serving a sentence since May 2014 for robbery and breach of recognizance.

Spokeswoman Donna Bell says it's the first time an inmate has died while in custody at the institution since it opened in 1995.

Bell could not comment on the cause of death and says police and a coroner will investigate. The correctional service says it will also conduct its own review. THE CANADIAN PRESS

Barking dog alerts family of six to house fire

A smoke detector and barking dog awakened a family of six, allowing them to escape their bungalow through a window in the middle of the night in a Nova Scotia community early Sunday morning.

The Canadian Red Cross said on Sunday that they are helping the couple and four children, ranging in age from 3 to 11, with purchases of clothing, food and other emergency needs. There were no injuries reported, though the house and its contents were destroyed.

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For homeless, violence as big a threat as hunger and cold

COURT

N.S. men await sentencing in the burning death of man

Tyler Dunlop says his moment of terror came after he passed out in the back parking lot of a bakery in Edson, Alta.

The 30-year-old homeless man says he awoke to the sound of taunts as he was being beaten by four intoxicated youths.

"They ganged up on me and beat me within an inch of my life," he said of the beating in 2011, which he didn't report to police.

Dunlop's brush with violence offers a glimpse of the dangers faced by people living on the streets.

On Tuesday, two men in Nova Scotia will be sentenced after they pleaded guilty to second-degree murder in the slaying of Harley Lawrence, a 62-year-old homeless man set on fire as he slept in a bus shelter in Berwick, northwest of Halifax.

Daniel Wayne Surette, 27, and Kyle David James Fredericks, 26, admitted in an agreed statement of facts that they doused Lawrence in \$10 worth of gas before setting him on fire in October 2013.

Ian Burton says he almost experienced something similar when he was living on the streets in Halifax in the fall of that same year.

Burton, 30, says a youth came

at him one night with a bottle of hairspray, flicking a lighter in an attempt to set him alight as he stood on a wharf downtown. He managed to flee but he says the episode served as a reminder of how dangerous it can be to live on the streets.

"The streets have a territory-like feel to it," Burton says.

Statistics Canada does not track murders, assaults and sexual assaults committed against homeless people. But people who live on the street and their advocates say they happen frequently.

In downtown Toronto, Joe Sallai says he's lived on the streets since he was 16 and has been kicked, hit and spat on. He has seen people hurl bricks at other panhandlers.

"I've seen them get pulled by their hair and stuff just because they were pan-ning," he says. "Somebody wanted to be ignorant and walk by and do it. I've seen it happen quite a few times."

Life descends into a constant state of wariness, Sallai says.

"If not, they'll just catch you off-guard and that'd be it."

Stephen Gaetz, director of the Canadian Observatory on Homelessness at York University in Toronto, says alarm bells should be going off for policy-makers and police after a municipal study in Waterloo, Ont., last fall.

Of 281 people surveyed, 41 per cent said they were victims of a violent attack since becoming homeless. Some of the violence involved homeless people beating each other up, he said.



Harley Lawrence is shown prior to his death in the Kentville area. Inset: Kyle Fredericks, left, and Daniel Surette.

KING'S COUNTY REGISTER, INSET: THE CANADIAN PRESS FILE

"If that was my neighbourhood or your neighbourhood I kind of feel like there would be troops on the streets," Gaetz said. "We would see that as a crisis."

Christina Murray, who was homeless but now has housing in Halifax, says violence can break out among people who are competing for privacy in shelters and space on sidewalks.

She says she knows first-hand. "I was at my friend's and she was letting me stay there and another girl came in and she wanted to stay there," says Murray, 57.

"This fight started and she got a hold of my hair and pulled out a garbage pail full of my hair."

Dunlop says each outburst of anger and violence leaves lasting trauma, adding that he frequently feels nauseous and fights off panic attacks when a "loud or vexatious" youth approaches him.

"It is a fear behaviour, with people trying to unconsciously eliminate the threat of homelessness in their own lives by harming those who remind them of it," he says.

THE CANADIAN PRESS

+ TREATMENT

Mental health care and its essential first steps

Question: For people who are facing mental illness on the streets, what helps?

Answer: Ian Burton, a 30-year-old who says he was attacked while homeless in Halifax, says that often the key first step to helping homeless individuals suffering from a

mental illness is improved emergency medical treatment.

Emergency room personnel must be able to recognize a mental health issue in a homeless person and assist the patient to seek long-term treatments.

"That would be the first step out, and you can look at housing arrangements after that," he said.

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Hope Blooms board member Richard Donald, left, Mullai Manoharan and a Build Right Nova Scotia construction member stand in front of the new greenhouse last Sunday. COURTESY HOPE BLOOMS

Hope now blooming

GARDENING

Grand opening for greenhouse set for Friday



Haley Ryan
Metro | Halifax

A year after Kolade Boboye held his greenhouse scale model in his hand, the 14-year-old is helping throw open the doors on the real thing.

This Friday, Boboye will be joined by fellow Hope Blooms kids from their north-end community garden and salad dressing business for the grand opening of their year-round greenhouse.

"It feels great to know that

something I made is like a massive building," Boboye said Sunday from the greenhouse. "It's nice."

Boboye designed the greenhouse last year, and has helped out with construction alongside four other Hope Blooms members since Build Right Nova Scotia began the work last summer.

The group received \$40,000 in November 2013 from the Dragon's Den to make the greenhouse a reality, and Jollymore said producers from the CBC show will be filming a follow-up piece during the opening Friday. Although a rough, snowy winter hampered construction and pushed back opening day by a month, Hope Blooms lead and dietician Jessie Jollymore said they are on track to begin growing herbs and micro-greens.

+ DATE AND TIME

The opening is from 4-5 p.m. Friday at the corner of Brunswick Street and Divas Lane, with live music and a barbecue.

On Sunday, Jollymore and some kids gathered at the greenhouse on Brunswick Street to wash 150 recycled bottles to use for herbs and plants in their vertical farm on the back wall.

They have been working with horticulturalist Mullai Manoharan to grow their plants using hydroponics, Jollymore said, a method that has them sitting in water rather than soil where nutrients can be added into the pipes that spray water over the herbs.

The micro-greens can be harvested every three weeks, Jollymore said, and will be mixed in with lettuce grown in the Hope Blooms garden and used for community suppers, weekly workshops or their soup program for seniors.

Jollymore said it's possible they could produce about 3,000 pounds of food this year with the greenhouse, some of which will go towards the lunch program in a local elementary school.

They are also hoping to double their 6,000 bottles of dressing a year, which means a dollar from every sale could add up to \$12,000 in the kids' scholarship fund.

"It puts us right in the forefront of making a meaningful impact in community food security," Jollymore said.

POP CULTURE

Geeks and nerds gather for annual Geequinox event

Lucie Edwardson
For Metro | Halifax

Klingons, Pokemon and Jedis roamed the halls of the Forum Multipurpose Centre on Saturday afternoon, kicking off the weekend-long pop culture appreciation event Geequinox.

Self-proclaimed geeks and nerds gathered to show off their costumes, listened to panel discussions on Dungeons and Dragons and costume design, and participated in gaming competitions and live-action demonstrations. Marina Smith, Geequinox organizer, said the second annual event exists to complement the popular Hal-Con sci-fi, fantasy and gaming convention.

Smith said Geequinox allows participants to get together and showcase the costumes and acts as a community-building event, allowing people to learn and see what kind of sci-fi and fantasy clubs they can join.

"If you want to be a Klingon, you can join KAG Canada, where you can become a Klingon and they will help you create the prosthetic piece for your face and your costume," said Smith. "You can be totally Star Trekked out."

"PigMonkey" Andrew Dorfman, host of the monthly podcast Geeks Versus Nerds and as-

sistant organizer of Geequinox, said the event is about getting together and celebrating geek and nerd culture.

"Even if you don't identify with being a geek or a nerd, this is where you get to see a community that is having fun and that has no problem with the stigma that is attached to being a geek or nerd," said Dorfman. "This is where everyone comes and has fun, getting to see stuff that you would never otherwise see."

Stephane Colin is a member of the Nova Scotia Society for Creative Anachronism. Colin put on medieval armoured combat demonstrations to large crowds all afternoon Saturday. He said Geequinox allows groups like his in to meet like-minded people.

"It is great to be able to be around people who can suspend the real world and appreciate a fantasy world," said Colin.

Geequinox drew sci-fi and fantasy fans of all ages. Nine-year-old twins Grace and Austin Watson came dressed as the 10th and 11th doctors from Doctor Who, along with their friend, 10-year-old Aidan O'Brien, who was decked out as a rogue Jedi.

They said that Geequinox was right up their alley.

"Anything from Dungeons and Dragons to Star Wars, we love it," said O'Brien.



Two people dressed up at Halifax Geequinox on Saturday.

LUCIE EDWARDSON/FOR METRO

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FESTIVAL SWINGING HIS AXE Alex Driscoll checks out a double-necked Danelectro in a vendor's booth at the East Coast Guitar Festival at the Cunard Centre on Sunday. The three-day festival, the first of its kind in the region, wrapped up Sunday and featured everything guitar, including workshops, vendors and performances. JEFF HARPER/METRO

Small businesses fear tax changes

FILM & TELEVISION

Agreement hasn't cooled controversy since budget

Film professionals in Nova Scotia aren't the only ones worried by the recent changes to the province's film tax credit.

Small-business owners said they would also be negatively affected, with some losing as much as 45 per cent of their income if film companies were to take their business elsewhere.

"I know very little about politics and very little about the government and how it makes its decisions about who gets what. But I do know about my business," said Crissy McDow, owner of Airways Limo, at a news conference held by Screen Nova Scotia on Friday.

"And I know that if the film

industry doesn't come here, or if the production companies pull out and go to another province that has higher incentives, I can't follow those people."

Haven, a popular science-fiction TV series, has been filming in Chester and other towns along the south shore since 2010.

"In the Chester municipality, everybody is either employed by Haven or knows somebody who is employed by Haven," said Jo-Ann Grant of the Chester Municipal Chamber of Commerce. Grant credits the film industry with bringing in more than \$1 million in revenue annually to Chester alone, which she fears would vanish if Nova Scotia's proposed tax-credit changes proceeded as planned.

Patricia Cuttall, executive director of the North End Business Association in Halifax, has similar concerns.

"In the past 20 years, I've seen the film industry really mature,

The real issue here is the uncertainty going forward.

Jo-Ann Grant, director of the Chester Municipal Chamber of Commerce

and a lot of economic spinoffs and developments happened from that," she said.

The government and film-industry representatives reached an agreement on Thursday after a week of talks. Similar to Alberta's model, the new regime would provide refundable base funding to all film-production costs in the province, as well as offer other small incentives.

Though Screen Nova Scotia originally said they were satisfied with the new deal, some Nova Scotia filmmakers are questioning whether it will be enough. THE CANADIAN PRESS

EDUCATION

New behaviour code proposed

Nova Scotia is proposing to bring in a new provincewide school code of conduct that would allow principals to suspend students for a longer period without school board consent.

Amendments to the Education Act would increase the time a principal may suspend a student without the

board's approval from five to 10 days.

Education Minister Karen Casey says the legislation would also clarify definitions of acceptable and unacceptable behaviour and make clear the roles and responsibilities of the Education Department, school boards and schools.

Casey says the new code helps address concerns heard from 19,000 people who responded to a panel on education about disruptions in the classroom and inconsistencies in discipline.

If passed, the changes would replace all school codes of conduct on Sept. 1.

THE CANADIAN PRESS

CRIME

Man, teen facing sex-trade raps

Halifax Regional Police have laid a string of human-trafficking and prostitution charges against a man and a 16-year-old boy following an investigation, which could lead them to more victims.

"Human trafficking is actually a unique charge for us. We have laid five over the past number of years, and this is the first time we have laid charges against a (youth)," Supt. Jim Perrin told reporters on Friday.

According to Perrin, an investigation was launched last year that led them to believe a 16-year-old boy and 25-year-old man allegedly procured two women, 17 and 19, as well as a 16-year-old boy, for the purpose of prostitution.

On Thursday, officers conducted two searches of residences in the 0-100 block of Hastings Drive in Dartmouth and in the 100 block of Old Sambro Road in Halifax.

Police then arrested both suspects and seized evidence.

"Leading up to (Thursday), investigators felt that they had enough evidence to take this matter to court," said Perrin, adding the victims are safe and being offered appropriate support services.

The 16-year-old boy from Dartmouth is facing 14 charges, including trafficking a person under the age of 18 and making child pornography.

Perrin said laying charges against a youth in relation to human trafficking is unusual.

+ CONNECTION

Police say they don't believe the case to be a part of a larger trafficking circle or connected to any other investigations but they are not ruling out any possibilities.

He wouldn't specify the nature of the relationship between the accused, only saying that the pair had known each other for some time.

Police said Richard Hover Cooper, 25, is facing 13 charges, including two counts of trafficking a person under the age of 18 and sexual assault.

LUCIE EDWARDSON/FOR METRO

IN BRIEF

Police continue to probe killing of Nathan Cross

Four years ago on Friday, 21-year-old Nathan Cross was killed in North Preston.

And on the fourth anniversary of his death, police were once again asking anyone with information about who is responsible for the homicide to come

forward.

Police responded to reports of shots fired at a Churchill Terrace residence in North Preston on April 24, 2011.

When officers arrived, they found Cross unconscious and unresponsive.

Police say Cross had been standing outside with a group of people when he was struck by several gunshots.

He was then transported by paramedics to hospital, where he was pronounced dead upon arrival.

Investigators believe there are witnesses who have information that could result in arrests and possible charges.

METRO



Nathan Cross

Man allegedly caught masturbating in bus shelter

Halifax Regional Police are looking into a report of a man caught masturbating in public.

Officers responded to the intersection of Albro Lake Road and Leaman Drive in Dartmouth on Thursday around 3 p.m. over a report of a man sitting in a bus shelter, touching himself.

Despite a search of the area, police say they were unable to find him.

The suspect is described as a tall white man. He was wearing a beige coat and blue pants at the time of the alleged incident.

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Conservatives strategize to regain lost Quebec seats

POLITICS

Tory support increasing in parts of the province

When a popular Quebec mayor recently announced he was running for the federal Conservatives in this fall's election, the gathering included 20 of the region's 23 mayors.

That, says Alain Rayes, shows it's becoming less taboo in certain parts of Quebec to be publicly aligned with Stephen Harper's Tories.

"They took the risk of being seen next to (a Conservative) candidate," says Rayes, who has been mayor of Victoriaville since 2009.

The central Quebec town is about 150 kilometres east of Montreal and is in a riding won by the Bloc Québécois in 2011.

Support for the Tories is increasing in other historically small-c conservative parts of the province according to recent polls that indicate the party could outstrip by far its 2011 Quebec seat count of five. Rayes says the rise in Conservative fortunes in the province is evidence Quebecers "want a seat at the table."

Gerard Deltell, a well-known provincial politician and another Tory recruit, says the spike in support for the Conservatives is due to Harper's tax cuts — some-



Coalition Avenir Quebec (translated as: Coalition for Quebec's future) MNA Gerard Deltell, a well-known provincial politician, announced on April 7 that he's quitting the CAQ and joining the Conservative Party of Canada for the upcoming federal election. JACQUES BOISSINOT/THE CANADIAN PRESS

thing Quebecers are not used to with provincial governments — and the party's performance on the economy and security.

"The Conservatives can recruit those guys who are the grassroots candidates — those who are deep in the community," said Deltell, who recently left his job as a member of the legislature for the right-leaning Coalition for Quebec's Future (Coalition Avenir Quebec).

Another big name to an-

nounce his candidacy for the Conservatives is Jean Pelletier, who for years ran Quebec City's winter carnival.

Rayes, Deltell and other party activists say the person responsible for attracting star candidates and explaining the Conservative message to Quebecers is Denis Lebel, Harper's lieutenant in the province.

"I feel it on the ground," Lebel says in an interview, admitting he is the party's Quebec "con-

ductor."

"The welcome I get is different (than prior years). Everything is possible."

Lebel drove around the province toward the end of last summer to meet voters and woo them back to the Tories.

He knows Quebecers often vote in waves. In 1984, Brian Mulroney surged to power with the help of victory in 58 out of 75 ridings in the province. He repeated the trick in 1988 with

+ POPULARITY

Current polls suggest the Tories are becoming more popular around the Quebec City region as well as in areas up to 200 kilometres north and south of the provincial capital. While the Conservatives believe the improved numbers are down to party policies they say are resonating across the province, some Quebecers say it's the individual candidate who is leading them to vote Tory.

THE CANADIAN PRESS

63 seats.

The latest example in Quebec came in 2011 when the popular Jack Layton led the NDP to 59 seats in the province.

Before Lebel's 2014 summer tour, the Conservatives were polling roughly at 12 per cent in Quebec. Now, poll aggregator website ThreeHundredEight.com puts the Tories at about 21 per cent and indicates the party could win more than 20 seats.

The Tories currently have five Quebec MPs, including four cabinet ministers.

Harper's best tally in Quebec was at the 2006 and 2008 elections when he won 10 seats both times. The Conservatives were shut out of the province in 2004 when Paul Martin's Liberals won a minority. THE CANADIAN PRESS

TIM HORTONS

Café founder facing lawsuit

The billionaire co-founder of Tim Hortons is on the receiving end of a civil suit alleging he sexually assaulted his sometime-lover four years ago. The Canadian Press has learned.

The action against Ron Joyce, who claims he's the victim of a "blatant" extortion attempt, predates an unrelated but similar lawsuit filed earlier this year by another woman, who alleges his son, Steven Joyce, assaulted her aboard his yacht in Florida in an incident he says was consensual.

In 2011, according to previously unreported court documents, the woman, now 34, spent the night at Joyce's home in Burlington, Ont., so she could drive him to a doctor's appointment in Barrie, Ont., the following day.

They went to bed separately and she slept alone in the guestroom, they say.

"At 6 a.m., she awoke to find (Joyce) in her bed naked with his hands down her pyjama bottoms with his fingers inserted into her vagina," her unproven claim states. "(She) screamed repeatedly for the defendant to get off of her."

The Toronto woman says she has audio recordings of conversations with him in which he admits to assaulting her, according to her statement of claim.

The claim filed in May 2013, which seeks \$7.5 million in damages, alleges the incident left her suffering anxiety attacks and with severe emotional loss.

THE CANADIAN PRESS



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Reflecting on 5 days of extreme poverty

CHALLENGE DAY 5

Metro reporter finishes with a new perspective



Gilbert Ngabo
Metro | Toronto

"You didn't have to go through this."

That's roughly the sentence I heard over and over again over the past five days during which I lived on \$1.75 a day. Most reactions from family members, friends and workmates were supportive, but a few suggested that volunteering for extreme poverty was almost going overboard. Someone even said, in an email, that it was a "trite experiment," calling it offensive to those who are in real struggle to make ends meet.

I don't necessarily concur with their views, but the detractors have a point. Every single day of those five, I never stopped feeling bad for people for whom extreme poverty is not a temporary state of affairs, but an indefinite, day-in-day-out reality. As hard as it was for me to find enough food, I still had the luxury of enjoying other things around me: I was working; when it was cold, I had enough clothes to keep warm; and I had a nice place to stay. Heck, I was even travelling back and forth to the office in a train. That's nowhere near real poverty.

That's the point that Dominique Mishio wants to drive

LIVING BELOW THE LINE

The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just \$1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget of those who live below the poverty line.

The series: Day 5 of 5, reflecting on the meaning and purpose of the challenge

Follow Gilbert Ngabo on Twitter @dugilbo or at metronews.ca.

home. Mishio, head of Canada's Global Poverty Project, which is leading the Live Below the Line campaign, said the challenge is not about making participants feel the real misery of living in extreme poverty, but about reflecting on poverty issues, increasing awareness and raising money for the many organizations that work to alleviate poverty in different parts of the world.

Hundreds of Canadians have taken the challenge every year since 2013, and many are sure to take it again starting today, the

2015 challenge's official launch date. You might be wondering, after reading all this, whether it's worth giving it a try yourself. Yes, over the course of the five-day challenge you may well feel some of the ambivalence that I went through, and, yes, you may field some of the same doubts and objections that I heard.

But your personal effort, when added to that of thousands more across the globe, will have practical impact.

The campaign has raised more than \$250,000 over the past two years, and the money goes to fund fighting poverty in poor countries. Your donation will go toward efforts that could concretely improve — and perhaps even save — lives. Maybe a poor kid somewhere will be able to go to school. Maybe a hospital in a remote village will receive medical supplies. Maybe starving children in a refugee camp will get some nutritious food.

Taking the challenge of eating on less than two dollars a day created an image of poverty in me that will haunt me for a long time. It's one thing to read numbers and reports on poverty issues; it's quite another to live through the pain that those numbers attest to — even for a short while and even according to arbitrary conditions.

Over a billion people live in extreme poverty. That's an alarming number, but I bet hardly anyone among the rich world is losing sleep over it. Which is very sad.

No, I didn't have to go through

this kind of experiment. But I am glad I did. It served as an eye-opener and changed my perspective on the choices I make every day. And I will donate what I can afford in order to help. You? You don't have to eat on \$1.75 a day, but you can help fight poverty and make it history.

+ CAMPAIGN

Some of the organizations partnering with Live Below the Line campaign:

- Crossroads International
- Oxfam Canada
- Raising the Village
- Canada Africa Community Health Alliance
- Canadian Hunger Foundation
- Make Poverty History - Canada
- Souls of the Feet
- ONEXONE
- Results Canada
- Tin Roof Global



NIAGARA FALLS SLOW EXPOSURE Layers of stained snow and ice are slowly being exposed through erosion by sun and water along the base of the American Falls as seen from Niagara Falls, Ont., on Saturday. The ice is all that remains after a cold winter that nearly delivered another rare historic freezing of the falls. PETER POWER/THE CANADIAN PRESS

Office Move

The Community Services Office on Portland Street, Dartmouth has moved.

The new office is located at:

65 King Street, Suite 101
Dartmouth, Nova Scotia

Office hours:

8:30 a.m. - 4:30 p.m.
Monday - Friday

Income Assistance/Disability Support Program

General Inquiries:

Phone: (902) 424-1600

Employment Support Services General Inquiries:

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Chef Stefan Czapalay
Executive Chef for Clearwater

EVACUATION

Avalanche devastates Mount Everest camp

Mountaineers, guides and porters streamed from Mount Everest base camp on Sunday in the wake of a deadly earthquake-triggered avalanche that obliterated parts of the rocky village of nylon tents. Some warned that dozens of people may still be missing.

The worst injured were ferried out in helicopters, while those remaining at base camp endured a series of powerful aftershocks, some of which caused smaller but still terrifying avalanches in the surrounding mountains.

The avalanche on Saturday, set off by the massive earthquake that struck Nepal, left at least 18 people dead and dozens more injured.

But as the first stunned survivors of the avalanche reached Kathmandu, Nepal's capital, they said that dozens of people may still be missing and were almost certainly dead.

"The snow swept away many tents and people," said Gyelu Sherpa, a guide among the first group of 15 injured survivors to

reach Kathmandu.

The 15, most of them Sherpa guides or support staff working on Everest, flew from Lukla, a small airstrip not far from Everest. None were believed to be facing life-threatening injuries.

Bhim Bahadur Khatri, 35, a cook and a Sherpa, was preparing food in a meal tent when the avalanche struck.

"We all rushed out to the open and the next moment a huge wall of snow just piled on me," he said. "I managed to dig out of what could easily have been my grave. I wiggled and used my hands as claws to dig as much as I could. I was suffocating, I could not breathe."

When he finally dug his way out, he was surrounded by devastation. Part of the base camp village was gone.

The magnitude-7.8 quake struck at around noon Saturday — just over a year after the deadliest avalanche on record hit Everest, killing 16 Sherpa guides on April 18, 2014.

THE ASSOCIATED PRESS



Nepalese rest inside a van where they have taken shelter as it is considered safer in cars than inside houses due to repeated aftershocks in Kathmandu, Nepal, on Sunday. BIKRAM RAI/THE ASSOCIATED PRESS

Aftershocks terrify earthquake survivors

CRISIS

'We don't feel safe at all,' says a Nepalese man

Shell-shocked and sleeping in the streets, tens of thousands of Nepalese braced against terrifying aftershocks Sunday while digging for survivors in the devastation wrought a day earlier by a massive earthquake that ripped across this Himalayan nation and killed more than 2,500 people.

Acrid, white smoke rose above the nation's most revered Hindu temple, where dozens of bodies were being cremated at any given time.

Aid groups received the first word from remote mountain villages — reports that suggested

many communities perched on mountainsides were devastated or struggling to cope.

Landslides hindered rescue teams that tried to use mountain trails to reach those in need, said Prakash Subedi, chief district official in the Gorkha region, where the quake was centred.

"Villages like this are routinely affected by landslides, and it's not uncommon for entire villages of 200, 300, up to 1,000 people to be completely buried by rock falls," said Matt Darvas, a member of the aid group World Vision. "It will likely be helicopter access only."

Saturday's magnitude-7.8 earthquake spread horror from Kathmandu to small villages and to the slopes of Mount Everest, triggering an avalanche that buried part of the base camp packed with foreign climbers.

At least 18 people died there and 61 were injured.

With people fearing more quakes, tens of thousands spent the day crowding in the streets and the night sleeping in parks or on a golf course.

Crows screeched as the ground shook with the worst of the aftershocks — magnitude-6.7.

"We don't feel safe at all. There have been so many aftershocks. It doesn't stop," said Rajendra Dhungana, 34, who spent the day with his niece's family for her cremation at the Pashuputi Nath Temple in Kathmandu. "I've watched hundreds of bodies burn. ... Nepal should learn a lesson from this. They should realize proper buildings should be built."

By late Sunday, the aftershocks appeared to be weakening. A

+ CASUALTIES

Nepal authorities said Sunday that at least 2,430 people died in that country alone, not including the 18 dead in the Mount Everest avalanche. Another 61 people died from the quake in India and a few in other neighbouring countries.

At least 1,152 people died in Kathmandu, and the number of injured nationwide was upward of 5,900. Three policemen died during a rescue effort in Kathmandu, a police spokesman said. THE ASSOCIATED PRESS

magnitude-5.3 quake shook an area about 30 miles east of Kathmandu. THE ASSOCIATED PRESS



Injured Sherpa guides sit inside a bus after they were evacuated from Mount Everest Base Camp, in Kathmandu, Nepal, on Sunday. BIKRAM RAI/THE ASSOCIATED PRESS

Things to know

The death toll climbed and aftershocks continued a day after a powerful earthquake struck the Nepal region, setting off an urgent aid response.

1 What happened?

U.S. Geological Survey seismologist Paul Earle said the quake happened on what is known as a "thrust fault." That describes the situation when one piece of the Earth's crust is moving beneath another piece.

In this case, it's the Indian plate that is moving north at 45 millimetres a year under the Eurasian plate to the north, Earle said.

"This is what builds the Himalayan mountain range," Earle said.

2 Aid efforts:

With Kathmandu's airport reopened Sunday, the first aid flights began delivering

supplies. The first to respond were Nepal's neighbours India, China and Pakistan.

Indian air force planes landed with 43 tons of relief material, including tents and food, and nearly 200 rescuers, India's External Affairs Ministry spokesman Vikas Swarup said.

The planes were returning to New Delhi with Indian nationals stranded in Kathmandu. More aid flights were planned for Sunday.

3 Nepal's preparation:

Nepal is a relatively poor country without extensive resources despite its rich cultural heritage and spectacular mountain scenery. It has been plagued by instability in recent years, and general strikes have recently brought chaotic scenes to Kathmandu.

THE ASSOCIATED PRESS

No time to lose: Global response gears up

There is still time to save lives — that's why governments and aid agencies Sunday rushed doctors, volunteers and equipment to Nepal without waiting for the dust to settle.

UN spokeswoman Orla Fagan, who is heading to Nepal, said preventing the spread of disease is one of the most important tasks facing aid workers who are arriving.

"There are 14 international medical teams on the way and either 14 or 15 international search-and-rescue teams on the way," she said. "They need to get

in as soon as possible."

Substantial hurdles remain, but there were hopeful signs as Kathmandu's international airport reopened after Saturday's crushing earthquake, and some aid vehicles were able to travel overland from India to the stricken Nepalese city of Pokhara.

"That means supplies could potentially come in overland from India. That is a positive sign," said Ben Pickering, Save the Children's humanitarian adviser in Britain. "The airport opening is a small miracle."

THE ASSOCIATED PRESS

+ HUMANITARIAN ASSISTANCE

UNICEF said Sunday that at least 940,000 children in areas affected by the earthquake are in "urgent need" of humanitarian assistance. UNICEF staff reported dwindling water supplies, power shortages and communications breakdown.

There is still a dearth of information about conditions at the epicentre of the earthquake, Pickering said,

and it is not clear which roads are passable.

International Search and Rescue Germany said a team of 52 relief workers including doctors, experts trained in searching for people buried under rubble and several dog squads are flying Sunday. The team will bring a mobile medical treatment centre.

THE ASSOCIATED PRESS



The Healthy Bug Celebrates 10 Years!

METRO CUSTOM PUBLISHING

HEALTHY BUG

Looking after customers' health needs

"Our sincere goal is to help with customers' health issues and concerns," says Lou Liberatore, owner of The Healthy Bug, which is celebrating its 10th anniversary this year.

The Halifax health store provides a wide range of services and products, says Liberatore, who has been in the health food industry for 20 years.

"We are now offering nutritional consultations with in-house registered holistic nutritional consulting practitioners Theresa Tomilson and Kristen Zendran."

The store offers an unconditional 90-day, money-back guarantee on all products, a price-match guarantee (the store will match all competitors' online or in-store



From left, Kristen Zendran, registered nutritional consulting practitioner (RNCP), Theresa Tomilson, RNCP, Lou Liberatore, Healthy Bug owner, Annette Cote, Healthy Bug manager, and Vangie Tsitouras, Healthy Bug sales associate. CONTRIBUTED

prices) and a free-rewards program (every 300 points earns a \$10 store credit).

The first Monday of each month is Mad Monday, when everything in the store is 15 per cent off, and the first Wednesday

each month is Senior's Day, when seniors receive a 10 per cent discount.

"Our knowledgeable staff will do everything they can to find customers products and information that can help," Liberatore

says. "We're all about being ethical and providing customers with what they need."

The Healthy Bug is located at 3514 Joseph Howe Dr. For more information, call 902-454-2225 or visit thehealthybug.com.



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SHUTTERSTOCK

Tips for a good night's sleep

The following are some tips and tricks for creating the

ideal environment for a good night's rest.

Make your room as dark as possible. You shouldn't be able to see the hand in front of your face. Light interferes with the circadian rhythm of your body and blocks the release of melatonin (your "sleepy" hormone).

If you have to get up to go to the bathroom, be sure the bathroom is lit with a soft night light rather than a glaring light. Even momentary exposure to light

can shut down melatonin production.

Try to go to bed by 10 p.m. The body's stress glands, the adrenal glands, recharge and recover between 11 p.m. and 1 a.m.

Avoid stimulating activities one to two hours before bed. This includes TV, cell-phones and computers. These activities raise dopamine and noradrenalin (brain-stimulating hormones). Instead, try taking a bath, reading, or a deep breathing exercise.

These are serotonin promoting activities and perfect sleep primers.

Avoid caffeine after 2 p.m. It can wreak havoc on the body's cortisol-melatonin balance.

Avoid snacking for at least two hours before bed. Also, late-night sugar and carbohydrate snacks cause a blood sugar spike, then crash. The crash increases the release of adrenalin, cortisol, and other things that stimulate the brain. — Dr. Mallory Ryan

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DON'T LET STRESS GET BETTER OF YOU

Life today is stressful, whether the stress is caused by financial pressures, divorces, or car accidents, or bacteria and environmental toxins, chronic pain, or skipping meals.

One of the most common causes of stress is fatigue, and the most common reason for fatigue is adrenal gland exhaustion.

The adrenal glands make various hormones that work directly with energy. These glands are meant to deal with stressors, but run into trouble when stress is prolonged.

The thyroid gland works closely with the adrenal glands. It also has

a big role in the body's metabolism. Hypothyroidism is very common and a test that naturopaths use to help determine if someone has problems is to have the person take their oral temperature before rising in the morning.

While regular exercise, healthy eating and good sleep habits help a person to deal with stress, there are also natural ways to help if stress is getting the better of you.

• A great daily supplement to use during times of stress is a vitamin B 50mg complex. B vitamins help stabilize and support adrenal function. B12, especially, is vital in working with the

nervous system and has tremendous benefit for memory, energy production, and mood stabilization. Contact The Healthy Bug about B12 injection clinics.

- The herb rhodiola is invaluable for helping during a stressful time.
- For chronic stress, Siberian ginseng can be useful in rebuilding tired adrenal glands.
- L-Theanine helps to not only calm the mind, but focus it.

For dosage recommendations and more information, visit The Healthy Bug or visit drcheryl.ca.

— Dr. Cheryl Lycette

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The Healthy Bug Celebrates 10 Years!

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The good, the bad and ugly cholesterol

Cholesterol is a type of fat made by the liver. Some cholesterol is important for good health, but too much in your blood can raise the risk of heart attack or stroke.

While prescription drugs can help lower cholesterol levels, there are also natural ways to make an improvement.

One way is through diet. Reducing or eliminating trans-fats (such as deep-fried foods)

helps reduce LDL (low-level lipoproteins, which are referred to as bad cholesterol). Oatmeal is another smart addition to your diet — high in soluble fibre, oats form a kind of gel in your intestine that reduces the body's absorption of dietary fat.

And while you are at it, add nuts to your meal. A study published by the American Journal of Clinical Nutrition showed that people

who ate 1.5 ounces of walnuts six days a week for one month lowered their total cholesterol, especially their bad cholesterol.

An exotic fruit called amla (also called Indian gooseberry) has been shown to have positive effects on the cardiovascular system. Although the fruit is not widely available, it has been formulated into powder and capsule form. And moderate consumption of red wine (one

glass daily for women and two glasses daily for men) is another way to add good cholesterol.

Of course, you are more than what you eat. Regular exercise, such as walking or running briskly for 30 minutes a day, also helps increase HDL (high-density lipoproteins, which are referred to as good cholesterol).

For more information, visit The Healthy Bug at thehealthybug.com.

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COCOA MAY HELP LOWER BLOOD PRESSURE

As we age, many people will experience problems with high blood pressure. Blood pressure medications are some of the most commonly prescribed drugs in Canada. Besides age, other contributing factors to high blood pressure include stress, excessive alcohol intake, being overweight, certain medications, and excessive salt intake.

High blood pressure affects not just Canadians, but pretty well every community on Earth. There is, however, one exception, and it's found in the San Blas Islands on the Caribbean coast of Panama. The indigenous people who live there are called Kuna Indians.

Medical researchers have been hard-pressed to find any Kuna Indians with blood pressure problems. Researchers found that the Kuna Indians drink, on average, five to six cups of cocoa every day.

The Kuna Indians study — Flavonols, the Kuna, Cocoa Consumption and Nitric Oxide — was published in the Journal of the American Society of Hypertension in 2009. According to the study, researchers found that pure, unrefined cocoa is high in nitric oxide, which may have helped the Kuna Indians maintain their healthy blood pressure.

Cocoa isn't the only food that is high in nitric oxide. Others include beets, garlic, cranberries, oranges, spinach, brown rice, watermelon, and spinach.

Nitric oxide is also available in supplement form.

Lifestyle changes can also help



SHUTTERSTOCK

control blood pressure, including limiting caffeine intake, exercising regularly, maintaining an optimal weight, reducing stress, not smoking, and avoiding processed foods that are typically high in sodium. Having a blood pressure monitor is also a great way to keep track of blood pressure.

There are other natural treatments for helping to control high blood pressure. Some of these include fish peptides, celery seed extract, magnesium, hawthorn, and coconut water.

Anyone interested in natural treatments should speak to a naturopath or health food expert.

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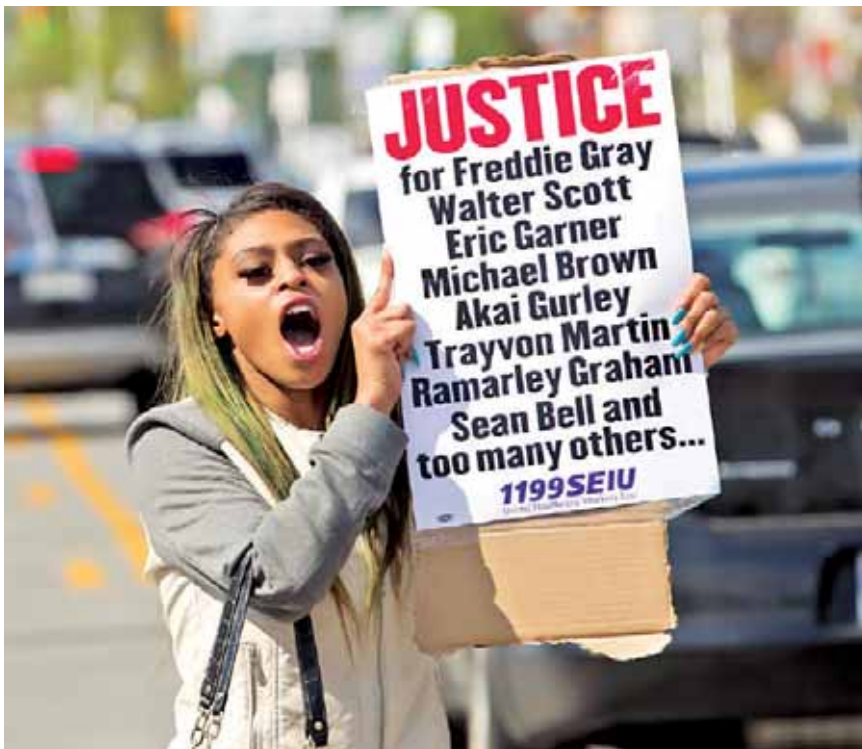


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BALTIMORE PROTESTS WAKE FOR FREDDIE GRAY AFTER NIGHT OF SCUFFLES

Caira Byrd holds support signs for Freddie Gray outside of Vaughn Greene Funeral Home, during his wake in Baltimore, Md., Sunday. Gray, 25, died from spinal injuries about a week after he was arrested and transported in a police van. Thousands of protesters took to the streets Saturday to demand answers after Deputy Commissioner Kevin Davis said Gray should have received medical attention at the spot where he was arrested, before he was put inside a police transport van handcuffed and without a seatbelt, a violation of the department's policy. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

NIGER

Boko Haram attacks army base

Suspected Boko Haram fighters in motorized canoes attacked a Niger army base on an island in Lake Chad, the body of water touching all four countries that have been targeted by Nigeria's Islamic insurgency, Niger's defence ministry said Saturday.

The army may have suffered "heavy losses" in the attack on Karamga Island, said a Niger military source in the region who spoke on condition of anonymity because he is not authorized to

speak to the press.

Casualty figures were not provided in a defence ministry statement broadcast Saturday night on state television.

A similar attack on Karamga Island in February killed seven Niger soldiers, and 14 Boko Haram fighters were also killed, military officials said at the time.

In the latest attack, the assailants approached at dawn on Saturday in about 10 motorized canoes, the defence ministry

statement said.

"Operations are ongoing with the aid of allies" to put an end to the insurgent movement, the statement said.

Niger joined a regional offensive earlier this year that is credited with retaking large swaths of territory in Nigeria from Boko Haram. The original plans called for an 8,750-member regional force with troops also coming from Nigeria, Chad, Cameroon and Benin. THE ASSOCIATED PRESS

INDONESIA

Government gives 72-hour execution notice to foreigners

Indonesia notified nine foreigners and a local man convicted of drug trafficking that their executions will be carried out within days, ignoring appeals by the UN chief and foreign leaders to spare them.

Authorities also asked the four Nigerian men, two Australian men, a Filipino woman, and one man each from Brazil, France and Indonesia for their last wish, the spokesman for the attorney general, Tony Spontana, said Sunday.

He said the legal options of nine of them have been exhausted, while Frenchman Serge At-

laoui still has an outstanding legal complaint over the procedure followed in his request for clemency. Spontana said he expects the Supreme Court to rule on it Monday.

The 72-hour notice indicates the executions by firing squad in Besi prison on Nusakambangan Island will be carried out at the earliest on Tuesday or Wednesday. The pending executions have caused an international outcry, particularly in Australia, France and the Philippines, which are opposed to the death penalty.

UN Secretary General Ban

Ki-moon urged President Joko "Jokowi" Widodo to "urgently consider declaring a moratorium on capital punishment in Indonesia, with a view toward abolition."

French President Francois Hollande has warned of diplomatic consequences if Atlaoui is executed, and said Saturday that there could be possible economic fallout as well. Australian Prime Minister Tony Abbott arrived on a visit to Paris on Saturday night and was expected to discuss the situation with Hollande.

THE ASSOCIATED PRESS

Israel launches attack on border with Syria

AIR STRIKES

Military says militants with bomb were approaching

Israel's military said Sunday it launched an air strike on its border with Syria after spotting militants carrying a bomb in the Israeli-held Golan Heights.

The military said it carried out the strike after troops saw "a group of armed terrorists" approach the border with an explosive intended to target Israeli troops. It said that Israeli aircraft "targeted the squad, preventing the attack."

It did not offer any casualty figure for the strike. Iran's state-run, English-language satellite news channel Press TV later reported four people had been killed in an Israeli air strike in the Golan Heights, without elaborating.

On Twitter, Israeli Prime Minister Benjamin Netanyahu sent messages commending the soldiers involved in the strike.

"Any attempt to harm our soldiers and civilians will be met with a determined response like the military action tonight that thwarted a terror attack," Netanyahu said.

No one immediately claimed responsibility of the attack launched from inside Syria, which has been in the grips of a civil war since 2011. Syrian state media did not immediately report on the strike.

Israel has tried to stay out of the war in Syria, but it has spilled into the country before. In September, the Israeli military shot down a Syrian fighter jet in airspace over the Golan Heights, which Israel captured from Syria in the 1967 Middle East war and later annexed in a move that has never been internationally recognized. In August, Israel shot

down a drone that came into the same airspace from Syria.

Israeli troops also have responded to occasional mortar fire from Syria. Israel says some of the attacks may have been accidental spillover, while others have been intentionally aimed at Israeli civilians and soldiers. It has always held Syria responsible for any cross-border fire.

While relations are hostile, the ruling Assad family in Syria has kept the border area with Israel quiet for most of the past 40 years. Israel is concerned that the possible ouster of embattled President Bashar Assad's ouster could push the country into the hands of Islamic State extremists or al-Qaida linked militants, or plunge the region further into sectarian warfare.

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Any attempt to harm our soldiers and civilians will be met with a determined response like the military action tonight that thwarted a terror attack.

Israeli Prime Minister Benjamin Netanyahu

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Heather Gautreau, 45, Halifax, N.S.

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The Public Gardens or the waterfront.

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ROSEMARY WESTWOOD

metroview

Brutal honesty is the best policy if we want to nurture our artists

There's something awry in the way we treats artists in Canada.

It's not that we're too stingy with our love — it's that we're disingenuous.

Yes, we have some great critics (John Doyle for one), and it's culturally OK to hate Nickleback.

But most mainstream media coverage of writers, musicians, painters, sculptors or filmmakers tells me only two things: where that person was born; and why they, and their work, are wonderful.

It would be fine if that were always the truth. But it's not. Art criticism, according to Toronto writer and curator Amy Fung, is mostly "adver-torial fluff."

Calling that approach "a PR department's job," not journalism's, Michael Lista has joined with fellow journalist Jason Guriel to launch Partisan, an online magazine of "trenchant" art and culture reviews intended as a tonic for the limp discussions we usually see in this country.

Guriel, in a 2013 interview, told how a major national newspaper pulled a review of Margaret Atwood's poetry simply because it was tough. Poets (which both men are) in particular are treated like the "asthmatic kids on the playground," Lista told me.

Culture journalists don't lack opinions, he argued, they're just saying them in private. That saves them

from professional blowback and potential fallout with the subjects of their critiques, a concern when the arts scene in this country, to quote a friend, is a "sock drawer."

"It's so small, it gets so intermingled, that you don't want to burn any bridges," said the friend, a musician who's toured with some of Canada's trendiest bands.

There's also the "whole CRTC-sponsored Cancon thing," Lista said, "where any Canadian culture needs to be nurtured like a delicate little flame."

That was certainly true of Jian Ghomeshi, celebrated for his gushing, groveling interviews which put every Q guest on a pedestal regardless of merit. Ironic, given that his most famous interview (with Billy Bob Thornton) featured a rare bit of controversy.

Canadian media tends to celebrate any whiff of Canadian success, equating it with talent.

I wondered whether Shad would break rank during his first week as host of Q. But I doubt it — it's his niceness that stood out.

That leaves the rest of us with middling, condescending public debate, and Canadian artists denied the benefits of sharp, smart criticism.

The best thing an artist can hear isn't pat compliments. It's honesty.

CBC job cuts mean less digging for truth

HALIFAX MATTERS

Stephen Kimber



Do you know how many of the donations to winning candidates in the 2012 Halifax municipal election came from companies "involved in development?"

Do you know how much money your district councillor received from this dog's breakfast of "involved" developers, construction companies and real estate firms, each with self-interest in sundry proposals, projects and permits that may affect your neighbourhood and your city, which will ultimately be voted on by the people you elect — and they pay for?

I do.

Thanks to a CBC Nova Scotia news investigation and its accompanying burrow-

down-the-data interactive database, I now know development-related corporate donations totalled a stunning one-third or more of all campaign funds received by 10 of Halifax's 16 municipal councillors.

Four councillors, in fact, raked in more than half of their elect-me budgets from the development industry's verdant lawns.

There are a couple of lessons here.

The first, most obvious one is that we need legislation to control how much anyone — especially those with vested interests in council's decisions — can donate to wannabe municipal politicians.

In February, council agreed to ask staff for a report on reforming what is currently an essentially lawless, limitless world of municipal campaign financing.

That report is expected in June.

But thanks to the CBC's work in making the information easily accessible and searchable, we can ferret out the information we need as

We still need journalism ... to do the hard work to make sense of our world.

citizens to better understand the issue, and ask the right questions of staff and our elected representatives.

That's the second lesson. We still need journalism — especially publicly funded, public-interest journalism — to do the hard work to make sense of our world.

No other current news organization has the mandate — or the resources — to do the kind of digging, public-service journalism the CBC consistently does.

Or did.

Last month, the CBC eliminated 11 more positions in Nova Scotia. Across the network, 140 jobs in local news operations disappeared. Between now and 2020, the public broadcaster says it will shed 1,000 to 1,500 more people.

The world isn't getting simpler. It's getting more complicated. We need more, not fewer journalists.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Monday.

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PHILOSOPHER CAT
by Jason Logan





Bruce Jenner hailed for 'bravery'

ABC INTERVIEW

Reaction pours in as reality TV star comes out as transgender

U.S. Olympic champion turned reality TV star Bruce Jenner won praise over the weekend from celebrities and activists for revealing he is transitioning from male to female, ending long-running speculation he identifies as a woman.

In a highly anticipated, two-hour television interview aired Friday — hailed by transgender rights' campaigners and his own Kardashian-linked family — the 65-year-old said he had wrestled with his sexual identity since he was a kid.

"I've always been confused about my gender identity since I was this big," he told ABC's celebrity interviewer Diane Sawyer.

"Here I am, stuck — and I hate the word — (a) girl stuck in a guy's body ... As of now I have all the male parts and all that kind of stuff."

But asked point blank if he was a woman, Jenner said: "Yes. For all intents and purposes, I'm a woman."

Speculation that the actor, race-car enthusiast and 1976 Montreal Summer Olympics decathlon gold medalist was undergoing a sex change has been rich fodder for supermarket tabloids for months.

Supposed telltale signs, based on paparazzi photos from the streets of Los Angeles, include



In a two-hour interview aired Friday, Bruce Jenner told ABC's Diane Sawyer that he is transitioning from male to female. HANDOUT

shaved limbs, long hair worn in a ponytail and what appears to be a sports bra under a T-shirt.

Jenner said he identifies himself as "her," but not by a specific name. The ABC interviewer used "he" and "him" throughout, without causing any apparent discomfort for the former Olympian.

He stressed the difference between gender identity and sexuality.

"I am not gay," Jenner said. "I am, as far as I know, heterosexual. I've always been with a woman, raising kids."

Just before making the long-expected announcement, Jenner symbolically let his hair down.

972,000

Nielsen Social estimated that there were 972,000 tweets sent on Friday night alone about the Jenner interview.

"Let's take the damn ponytail out," he told Sawyer, smiling.

Lesbian, gay, bisexual and transgender (LGBT) rights group GLAAD welcomed Jenner's announcement.

"Though Jenner's journey is one that is deeply personal, it is also one that will impact and

inspire countless people around the world," GLAAD head Sarah Kate Ellis said.

GLAAD also noted that media at this time should continue to refer to Jenner by his current name and with male pronouns to be respectful of his wishes, as he has not requested that a new name or pronoun be used.

Thrice-married Jenner became an American sports hero when he set a world record with his Montreal decathlon victory.

He again became a household name through his marriage to the former Kris Kardashian and the TV series Keeping Up with the Kardashians, in which he appeared as the sometimes

bemused stepfather of her daughters Kourtney, Kim and Khloé. The couple, who have two daughters of their own, obtained a divorce in December — although he has been seen still wearing a wedding ring.

National Center for Transgender Equality advocacy group executive director Mara Keisling called Jenner's declaration "one of the most profound displays of bravery and courage I've seen."

Jenner, clearly relieved to have finally come clean, said: "I'm saying goodbye to people's perceptions of me and who I am."

"I'm not saying goodbye to me because this has always been me." AFP

"Not only was I able to call him my husband for 25 years and father of my children, I am now able to call him my hero."



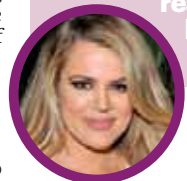
Kris Jenner

"Love is the courage to live the truest, best version of yourself. Bruce is love. I love you Bruce. #Proud-Daughter."



Kim Kardashian

"Bruzer, I'm soooo proud of you! Dads really are heroes."



Khloé Kardashian

GETTY IMAGES



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Are you still trying to keep up with the Joneses?

FINANCES

Stop looking at what others have and focus on yourself

MONEY MATTERS

Gail Vaz-Oxlade
gailvazoxlade.com



Do you find yourself thinking about what your sister has that you don't? Or what kind of car your friend drives that you can't afford? Or how "unfair" it is that your neigh-

bours travel every year when you haven't been able to scrounge up the money for the trip you've been promising yourself?

Remember the saying, "Keeping up with the Joneses"? It was used to denote our desire to keep pace with the spending of our neighbours. It was beautifully captured in a cartoon I once saw. A husband and wife are gardening together. The wife looks up to see a neighbour pulling into her driveway and says to her husband, "Damn, Shelly and Mike got a new car. And we were almost debt free!"

A lot of people create this problem for themselves. They imagine that others' lives are so much better and then they

look for evidence to support their supposition. Ten years ago, before the avalanche of reality TV hit the airwaves, the Joneses were the people next door. Now people are feeling the push to keep up with the likes of movie stars and TV personalities who make gobs of money airing their lives to the nation and shopping as a hobby.

People who watch a lot of TV, read flashy magazines and walk the malls feel like they're always missing something because they have come to believe that "everyone else has one so I want one, too."

But if everyone else is going into debt to have the lifestyle you crave, then what you're craving isn't real; it's smoke and mirrors. Playing the keeping-up-with-the-Joneses game is stupid at the best of times, but it's suicidal if you're doing it on credit.

Just look at the size of the houses we're living in now compared to those in which our parents were raised. Back then people were having more kids but living in houses far smaller than we're willing to settle for today.

And only the rich and famous could afford granite counters and marble floors. Now we want a room for every child, plus a living room, family room, media

room, and kids' playroom. As our expectations have gone up, our ability to pay has been seriously challenged. While we like to castigate the younger generation "giving into peer pressure," it's not just a problem of youth and immaturity. Age has little to do with it. Do you worry about being judged by others? Do you spend more time on impressing others than on managing your money?

The big joke, of course, is that while you're busy envying Jane, Jane's probably envying Michael, who in turn is envying you. Yup, it's human nature to think that what other people have is better.

That's "the grass is greener" syndrome. But if you can change what you're thinking about — stop focusing on the other and focus instead on yourself — you can change the feelings.

When you see people who seem to satisfy their every whim, don't even attempt to keep up. If you're wondering how they paid for it all, they very well may not have.

Instead they've made their purchases on credit cards where only the minimum payment is made, they've financed with lines of credit, and they've consolidated their consumer debt to a mortgage yet one more time. It's easy to spot the stuff people buy; the debt they're dragging along usually can't be seen.

The next time envy niggles at you and the thought, "I wish I could, too," goes through your head, think about what else you don't have, along with the new and shiny: the debt. If you're smart enough to know what's really important, if you are clear about your values and make your purchases based on what's important to you, you've got no dirty little secrets to hide. You're living in the light. And it feels good, doesn't it?

STRATEGY

Avoid confab fatigue with these meeting tips

OFFICE RELATIONS

Eleni Deacon



Long meetings. Pointless meetings. Boring meetings. Meetings that are actually lectures. Meetings that take you away from your desk for hours of abstract chit-chat when you have a scroll-length to-do list you could be tackling.

Sound familiar?

While group communication is an essential component of effective business, many employees complain that their most lethal productivity killer isn't social media or noisy colleagues — it's meetings.

Or rather, meeting after meeting after meeting.

There's a simple way managers can take the weight off meeting overload: Schedule fewer of them.

Meetings should be a time to share updates, get on the same page, and develop actionable strategies.

They should not be a time for long-winded speeches or circular bickering.

Before scheduling a meeting, ask: Why are we doing this and does it require group attendance?

If the answer is vague, hit X on your invite. In many cases, it can be more efficient to contact one person for a direct project update than mobilize an entire team for a not-entirely-necessary gathering.

Another approach is to trade all-staff affairs for speedy, targeted powwows.

While certain types of meetings — strategic planning, client

consultations — may require a more substantive time commitment, just-another-day status reports should not dismantle your afternoon.

Try cutting the time you book for meetings in half — you may find you get the same amount done.

Stand-up meetings are also a fail-proof — if intentionally uncomfortable — way to keep meetings from falling flat.

The concept is self-explanatory: These chats are chair-free.

Instead, team members must deliver their debriefs while standing on two feet. Not only does this make it difficult to tune out — it also means everyone wants to finish the process as quickly as possible.

Regardless of the length or frequency of your meet-ups, they should be deliberately planned and efficiently run. Set an agenda, and delegate one individual to moderate the action. A lot of the frustration

surrounding meetings comes not only from the fact of having to be there, but also from the digressive and disorganized way that they're managed.

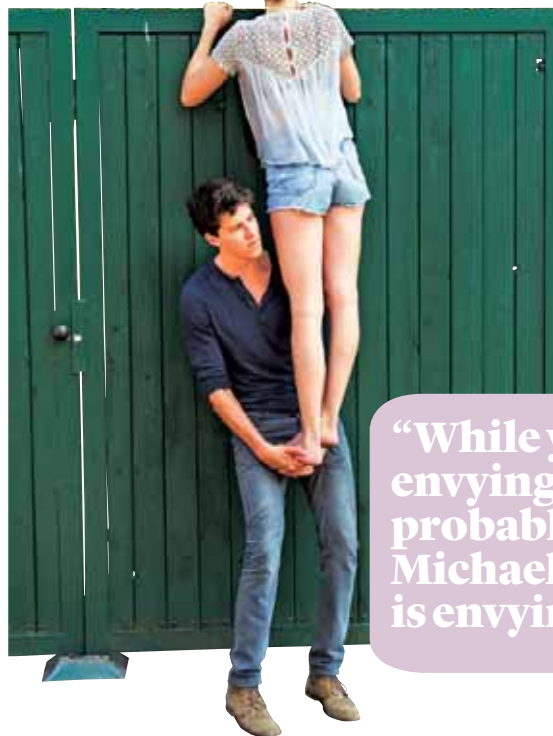
Commit to a time frame and keep the discussion on point — this will keep attendees from getting annoyed.

While meetings are obligatory, time-wasting meetings are not.

To curb confab fatigue, set meetings that have clear objectives and on-task leadership. And under no circumstances book a meeting to figure out a time to have another meeting about how to have better meetings.



Under no circumstances book a meeting to figure out a time to have another meeting about how to have better meetings



"While you're busy envying Jane, Jane's probably envying Michael, who in turn is envying you."

TOP SIX @ 6 Weeknights at 6 Hannah counts down the HOTTEST songs of the day

- 6 Wiz Khalifa ft. Charlie Puth See You Again
- 5 Calvin Harris ft. Ellie Goulding Outside
- 4 Ed Sheeran Thinking Out Loud
- 3 Shawn Mendes Something Big
- 2 Ellie Goulding Love Me Like You Do
- 1 Maroon 5 Sugar

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WORK & TECH

New app does a social media cleaning

Ever scrolled back on your Facebook, Twitter or Instagram feed and cringed? Or have you ever frantically scrambled through all of your social media posts while applying to a new job?

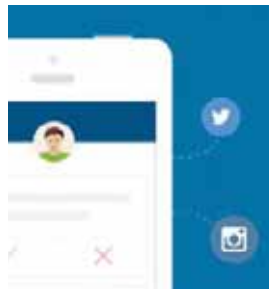
A new app called Clear can help you with that.

Clear will analyze your social media profiles and give you a score on the potential liability of your social media presence. It also flags all of your potentially embarrassing tweets or Facebook posts — posts with curse words or sexually or racially charged

words. Some flagged words include "black" or "gay."

Founder Ethan Czahor has a very personal reason for creating the app: he lost his job as Jeb Bush's CTO because of offensive tweets.

Czahor wrote on the Clear website: "After graduating college, I moved to West Hollywood to study improv comedy at The Groundlings. I used my Twitter feed to test material, all of which was humorous and well-intended within the context of my community. Several years and career changes later,



Clear analyzes your social media profiles and flags potentially offensive posts.

after having success in the startup world and battling Lyme disease, I landed my dream job: CTO of Jeb Bush's political operations.

"Unfortunately, my Twitter feed was unearthed, spun completely out of context to make me appear as someone I am certainly not, and I lost my job. I created Clear to make sure situations like mine never happen to anyone ever again."

There are currently more than 1,000 people on the wait list for the app. **ANDREA PARK/METRO NEW YORK**

Jays can't cope with Archer's accuracy

MLB

In-form Tampa pitcher hasn't given up earned run in four

Chris Archer pitched two-hit ball in seven scoreless innings and Brandon Guyer drove in four runs Sunday as the Tampa Bay Rays won their fifth straight, 5-1 over the Toronto Blue Jays.

Archer (3-2) became the

first American League pitcher to go four starts within one season without giving up an earned run since Zach Greinke did it for Kansas City in 2009.

Archer gave up an unearned run in a 1-0 loss to Boston on Tuesday, but he has not given up an earned run since opening day, a span of 26 2-3 innings. His ERA is 0.84.

Evan Longoria had three straight hits and a walk for the Rays after going 4 for 4 on Saturday. Longoria's bat-

ting average rose from .218 to .306 in two games.

Guyer hit the second pitch from Mark Buehrle (3-1) for a home run, his first of the season. Logan Forsythe drove in another run for the Rays in the first inning with a double after Longoria's single.

Guyer made it 3-0 with a sacrifice fly in the fourth, then drove in two more runs with a two-out single off Buehrle in the sixth.

Matt Andriese pitched the final two innings for the Rays. Tim Beckham had two hits for

Tampa Bay and scored twice.

Buehrle, who had been supported by 12 or more runs in each of his three preceding starts, gave up five runs on 13 hits in 5 2-3 innings.

The Blue Jays scored six runs in losing three straight at Tropicana Field, where they are 11-21 since 2012.

The struggling Jays will face Boston Monday night while Tampa plays its first game outside a dome Monday night at the New York Yankees.

THE ASSOCIATED PRESS



Jays' Dalton Pompey strikes out swinging with two men on base in the ninth against the Rays on Sunday in Florida. GETTY IMAGES

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For those without a Metro, the forecast calls for "I dunno" with a slight chance of "Huhhh?"

metr

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rosereisman.com

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Ready in

Prep time: 15 minutes
Cook time: 20 minutes

Ingredients

- Serves 8
- Meatballs
- 4 oz lean ground beef
- 2 Tbsp bread crumbs
- 1 Tbsp finely chopped green onions
- 1 Tbsp barbecue sauce
- 1 small egg
- ½ tsp minced garlic
- 1 – 12" whole wheat thin pizza crust
- ½ cup tomato sauce
- 3 oz grated mozzarella cheese
- 2 Tbsp chopped basil

Directions

1. Preheat oven to 425 F. Spray

a baking sheet or pizza pan with vegetable oil.

2. In a bowl, combine ground beef, bread crumbs, onions, barbecue sauce, egg and garlic. Form into mini meatballs (around 20).

3. Spread tomato sauce over pizza bread, scatter meatballs on top and add grated cheese. Bake for 15 - 20 minutes or until bread browns and turns crisp.

4. Garnish with basil.

Nutrition information per serving

- Calories 178
- Carbohydrates 20 g
- Fibre 0.8 g
- Protein 9.2 g
- Fat 6.5 g
- Saturated fat 2.2 g
- Cholesterol 33 mg
- Sodium 413 mg

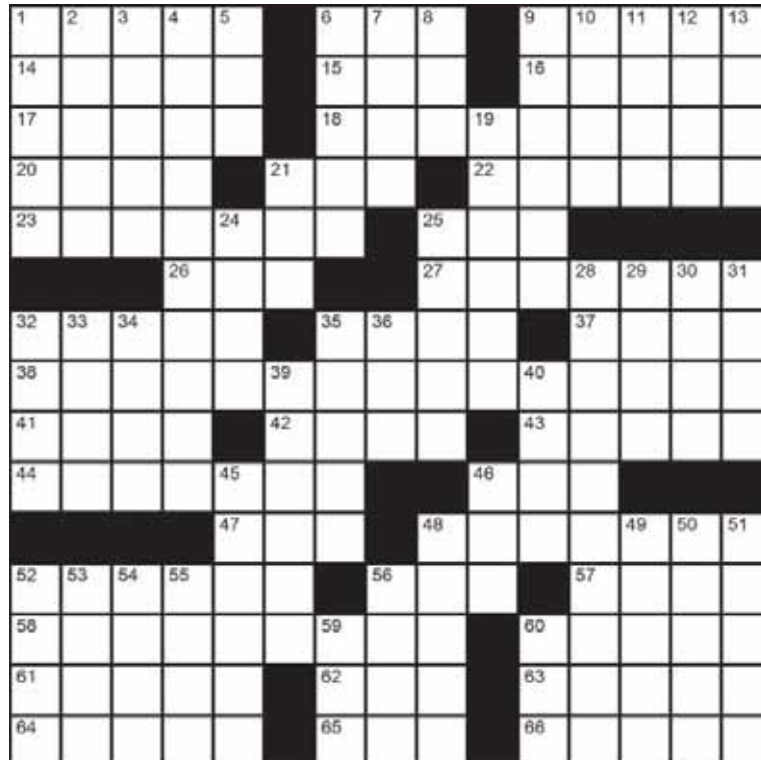
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "___ I saw. I conquered."
6. Tangle
9. Mary J. Blige's "No More ___"
14. Couches
15. Ms. Lupino
16. Reddish-rose dye
17. Accumulate
18. Philippe __, Premier of Quebec
20. "What ___ mind reader?"
21. Married title
22. Guns ___ (American rockers)
23. Mount Sir Wilfrid Laurier is this BC range's highest peak, ___ Mountains
25. Rusted
26. "Moist" suffix
27. Journeys
32. Spanish wine region
35. Cat's sound
37. "The Producers" (2005) character
38. CN Tower, for example: 2 wds.
41. Gary __, Canada's Ambassador to the United States
42. Eng. is part of it: 2 wds.
43. Numbered albums songstress
44. FOX News' "The ___ Factor"
46. Road type, e.g.
47. Be ill
48. Particular pickle
52. Loses one's composure in an emergency



56. Fashion designer Anna
57. Excavation for extracting
58. Pasta order
60. Countries
61. From head

62. Mr. Linden
63. Accountant's review

64. Novelist's creation
65. Conclusion
66. Hillsides

DOWN

1. Abraham's offering to God
2. ,
3. Get ___ shake
4. General Manager

- of the Toronto Raptors: 2 wds.
5. Cousin of -ette
6. Very tiny
7. Brouhahas
8. Greek alphabet's 19th letter
9. Singer Lana: 2 wds.
10. Chocolate-coated caramel candy

11. Botanist Mr. Gray's
12. Muck
13. Connectors of words
19. Not on the road, as a sports team: 2 wds.
21. Canadian musician Mr. Berg
24. Kellogg's All-__

25. Intro-to-French verb
28. Montreal-born musician Melissa: 3 wds.
29. Much meriment
30. Airline of Israel: 2 wds.
31. Fully satisfy
32. Fix over again
33. "This is some priority; ___ we are spoild." - Shakespeare
34. Decorative curved arch
35. Ms. Streep
36. Literary monogram
39. Church: French
40. Donated
45. Singer/host Nick
46. Sushi tuna
48. Association for crafts/trades people
49. In a way, slang-style
50. Sort of film or band
51. Aeries
52. Calif. clock settings
53. ___ of boiling potatoes (Stove sight)
54. Intl. alliance created in 1949
55. Prince __ (Alexander Borodin opera)
56. Comic books legend Mr. Lee
59. Definite article
60. Petri dish locale

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

If something goes wrong over the next 24 hours there are two approaches you can take: either you can look round for someone to blame or you can take responsibility yourself. Make it the latter.

♉ Taurus April 21 - May 21

There will be a clash of egos as the new week begins and although you won't be directly involved you will be affected. Under no circumstances agree to take sides, because even if you choose right you will lose out in some way.

♊ Gemini May 22 - June 21

You will clash with someone whose opinions you don't much like today, but if you stay calm and think logically you may discover that what they are saying has an element of truth in it.

♋ Cancer June 22 - July 23

You will find yourself up against someone who is every bit as immovable as you, so the best you can hope for is a stalemate. Don't waste your time and energy on battles like this that cannot be won.

♌ Leo July 24 - Aug. 23

Be careful what you say as the new week gets underway because the planets warn you could say far too much. You may have been able to laugh off your big mouth in the past but now others won't be quite so forgiving.

♍ Virgo Aug. 24 - Sept. 23

Your sixth sense is telling you that something is wrong with your life and needs to be fixed. There will be a lot of upheavals over the next few days - use them to disguise your own mini revolution.

♎ Libra Sept. 24 - Oct. 23

If you hesitate for even a moment today you could miss out on an opportunity that may not come again for a very long time. Make sure you stay alert over the next 24 hours.

♏ Scorpio Oct. 24 - Nov. 22

You won't hesitate to speak your mind today but be careful because certain people have got it into their head that you could do with being taken down a peg or two. Be confident but be tactful too.

♐ Sagittarius Nov. 23 - Dec. 21

According to the planets you have been focusing on trivia and missing the big stuff. You will mentally kick yourself later if you look back and see what you might have achieved.

♑ Capricorn Dec. 22 - Jan. 20

If you take a risk of some kind over money today it may pay off, but even if it does you must not cast aside your usual cautious Capricorn nature. You of all people should know that it's not about risk, it's about hard work.

♒ Aquarius Jan. 21 - Feb. 19

If someone promises you the world and fails to deliver today you will no doubt be angry, but you should be at least as angry with yourself as you are with them. You knew they were aiming too high and you should have told them.

♓ Pisces Feb. 20 - March 20

Try not to let your imagination get the better of you today, because once it heads off in a crazy direction it may be hard to bring it back to reality.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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